

## NEWS

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**Contact:** Dave Fotsch, Public Information Officer  
(208) 327-8639 / Cell: (208) 871-1712

### **CDHD JOINS NATIONAL INFLUENZA VACCINATION WEEK EFFORT**

The Centers for Disease Control and Prevention (CDC) recently announced the designation of the week after Thanksgiving as **National Influenza Vaccination Week**. This year, **National Influenza Vaccination Week will run from November 27 to December 3**. This event is designed to raise awareness of the importance of continuing influenza (flu) vaccination, as well as foster greater use of flu vaccine through the months of November, December and beyond.

The Central District Health Department (CDHD) will hold a series of special flu clinics in conjunction with National Influenza Vaccination Week.

#### **Boise**

A walk-in flu clinic at the Health District's office at 707 N Armstrong Place will take place on **Thursday November 30<sup>th</sup> and Friday December 1<sup>st</sup> from 8:00 a.m. – 2:00 p.m. each day.**

Information: Flu hotline – 321-2222 or Immunizations - 327-7450.

#### **Boise County**

A walk-in flu clinic will be held at the **Horseshoe Bend Health Clinic on Wednesday**

**December 6<sup>th</sup> from 9:00 a.m. – 4:00 p.m.** Information: Flu hotline – 321-2222 or

Immunizations 327-7450.

#### **McCall**

A walk-in flu clinic will be held at the CDHD McCall office on **Monday November 27<sup>th</sup> from 2:00 – 5:00 p.m.** Information: 630-8002.

## Mountain Home

Flu vaccinations are available by appointment only. Information: 587-4407.

The flu vaccinations will cost \$14 for high risk kids 6 mos. to 18 years and \$22 for all others. Pneumonia vaccinations will also be available for \$46. Flu and pneumonia vaccinations can also be done by appointment, call 327-7450 for more information.

“Getting vaccinated is the single best way for people to protect not only themselves against flu, but their loved ones as well,” said Cindy Howarth, CDHD Immunization Program Manager.

“Interest in getting a flu vaccination has traditionally tapered off after Thanksgiving. Since flu activity typically does not peak until February or later, November and December are also good times to be vaccinated.”

As National Influenza Vaccination Week approaches, vaccine distributors have informed the Central District Health that the remainder of its flu vaccine order will be delivered by November 22<sup>nd</sup>. Flu vaccine manufacturers have reported they expect 110 – 115 million doses of flu vaccine to be distributed this year. This is at least 27 – 32 million more doses than have been distributed in any past season.

“We know that the influenza vaccination can provide protection to a wide number of people, and is an important factor in minimizing the risk and severity of flu transmission,” said Howarth. “I encourage all Boise County citizens to take advantage of the ample supply of flu vaccine this season.”

Howarth continued, “Doctors say most people recover completely from a bout with the flu, but it does cause misery for a week or so, making people unable to work, attend school or care for their children. If we can vaccinate a greater number of people, it will help many more to be free of the symptoms and not miss out on their everyday activities.”

Vaccinations are recommended for anyone who wants to decrease the risk of influenza. While anyone can get influenza—and the infection can be severe—many groups, including people aged 50 years or more, those with chronic illnesses (heart disease, lung disease, kidney disease, diabetes), and pregnant women, are at highest risk for complications. In addition, those in close contact with these high risk persons, such as health care personnel, and healthy household contacts and caregivers of high risk persons, are also at increased risk and should get vaccinated.

For the first time, CDC is also recommending children aged 24 months to 59 months be vaccinated, since they are also considered at risk for complications of flu. Previously, the recommendation was limited to children aged 6 months to 23 months, who are nearly as likely to be hospitalized for complications due to flu as those aged 65 years and older. Children aged 24 months to 59 months are not as likely to be hospitalized as younger children, but are more likely than older, healthy children to see a physician or visit an emergency room for flu.

Each year in the United States, between 5 and 20 percent of the population is infected with influenza, about 36,000 people die and more than 200,000 people are hospitalized because of influenza complications. Since influenza is unpredictable, and different types and strains of influenza circulate throughout the flu season, the CDC's Advisory Committee on Immunization Practices (ACIP) recommends that influenza vaccine be offered throughout the influenza season-- even after influenza has appeared or begun appearing in a community. To date there has been no flu activity reported in Idaho.

For more information about influenza and influenza vaccine visit: [www.cdc.gov/flu](http://www.cdc.gov/flu).

National Influenza Vaccination Week is a collaborative effort of the U.S. Department of Health and Human Services, including the CDC, and the National Influenza Vaccine Summit (for more information about the Summit, please go to <http://www.ama-assn.org/ama/pub/category/13732.html>).

Central District Health Flu Hotline: (208) 321-2222.

Central District Health website: [www.cdhd.idaho.gov](http://www.cdhd.idaho.gov).

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